Mountain Weather Forecast

Southwest Highlands

Including Ben Nevis, Glen Coe and the rest of Lochaber, Argyll including the Isles, Loch Lomond, Trossachs and Arran

Forecast valid from 06:00 on Sunday 01 Oct 2023 until 23:59 on Monday 02 Oct 2023

Forecast Issued on Sunday 01 Oct 2023 at 01:12 by Met Office Aberdeen

Confidence: Generally high, lower for detail of showers. Low by Wednesday with rain arriving from the west.

Headline for Sunday 01 Oct 2023: Sunny spells and a few showers on Sunday. Windy.

Mountain weather hazards on Sunday 01 Oct 2023

Blizzards No Likelihood	**Heavy persistent snow** No Likelihood	**Storm force winds** No Likelihood
Gales Medium Likelihood	**Severe chill effect** Low Likelihood	**Poor visibility** Low Likelihood
Thunderstorms No Likelihood	**Heavy persistent rain** No Likelihood	**Strong sunlight** No Likelihood

Weather and chance of precipitation at 800m					
Time					
06:00	09:00	12:00	15:00	18:00	21:00
Heavy rain showers	Heavy rain showers	Light rain showers	Sunny intervals	Partly cloudy (night)	Partly cloudy (night)
Precipitation probability					
30%	30%	30%	30%	30%	30%

Forecast for Sunday 01 Oct 2023

Weather: Light and patchy overnight rain clearing during the early hours. A few showers following behind during the morning, then largely dry with sunny spells and just the odd shower. Windy throughout, especially in the northwest.

Chance of cloud-free hill tops above 800m: 20% increasing to 90% around dawn.

Low Cloud and visibility: Broken cloud base 500-700m at first, breaking up through the latter part of the night. Few cloud base 700-800m perhaps lingering during the morning. Visibility moderate in rain or showers, otherwise good.

Check our weather forecast every day to get the most accurate and up to date information
https://www.metoffice.gov.uk/weather/specialist-forecasts/mountain

© Crown Copyright 2023. All Rights Reserved.

Mountain Weather Forecast

Forecast for Sunday 01 Oct 2023

Height (m)	Wind Speed mean/gusts (mph) Wind Direction (blowing from)						
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
1300	39/48 SW	36/46 SW	26/35 SW	27/36 SW	30/38 SW	31/41 SW	28/37 SW
900	27/35 SW	26/37 SW	21/29 SW	22/30 SW	22/30 SW	22/32 SW	21/30 SW
600	36/43 SW	32/42 SW	22/31 SW	24/32 SW	25/33 SW	26/34 SW	24/32 SW
300	17/26 S	17/27 SW	15/24 SW	15/25 SW	13/22 SW	13/23 SW	12/21 S
Glen	11/24 SW	14/28 SW	11/22 SW	12/24 SW	8/20 SW	7/19 SW	9/20 SW

Height (m)	Temperature / Feels Like (°C)						
1300	7/1	6/-0	4/-2	4/-2	4/-3	4/-3	3/-3
900	9/5	8/4	8/4	8/3	6/2	6/1	6/1
600	11/6	10/6	10/6	10/6	9/5	9/4	8/4
300	13/10	13/10	13/10	13/10	11/9	11/8	10/8
Glen	14/12	14/12	15/13	15/13	13/12	12/11	12/10
Freezing Level*	2300m	1900m	1600m	1600m	1700m	1700m	1600m

**Level above which ground is expected to be frozen/snow is expected to settle.*

Met Office Aberdeen Meteorologist's View
Be aware of very strong winds, particularly at height.

Forecast for Monday 02 Oct 2023
Weather: Frequent, and at times heavy, showers expected throughout the day, with some sunny intervals. Best of the drier conditions in the south. Strong southwesterly winds continuing.

Maximum wind: Southwesterly 20-25mph gusting 35-40mph during the afternoon.

Chance of cloud-free hill tops above 800m: 90%

Low Cloud and visibility: Visibility moderate in showers, otherwise good.

Temperature: **Glens:** Plus 10 rising to plus 15 Celsius
At 800m: Plus 5 to 7 Celsius
Freezing level: Above summits

Check our weather forecast every day to get the most accurate and up to date information
https://www.metoffice.gov.uk/weather/specialist-forecasts/mountain
© Crown Copyright 2023. All Rights Reserved.